



Eating Well on a Budget

Healthy eating does not have to be expensive. Here are some tips for keeping your calories and budget in balance:

- Plan your weekly menu in advance. Make a grocery list and stick to it.
- Checkout the weekly ads for the supermarkets to find the best sales.
- Clip coupons. Choose only ones that you will use and are a real cost-saver. Avoid those that require you to buy more than one of an item in order to save.
- Try not to shop when you are hungry.
- When shopping, use the unit price (cost per item/ounce) to find the best value.
- Bulk bins of grains or spices will allow you to buy only what you need.
- Choose fresh fruit and vegetables that are in season and on sale. Visit your local farmers market for produce.
- Grow your own vegetables, fruit or herbs.
- Fruit and vegetables are canned or frozen at the peak of freshness. Choose fruit that is frozen, unsweetened or canned in its own juice.
- Beans, peas, eggs, canned tuna (packed in water) and peanut butter are good sources of protein and good buys.
- Compare national, store and generic brands for the best buy.
- Read food labels to get the best nutrition and the most value for your money.
- Take advantage of sales. Cook in bulk and freeze or use leftovers for future meals.
- Stretch costly meals (like meat dishes) by adding lots of vegetables.

